CLAIMS

1. A poke-through fitting of the type that is adapted to be supported in a circular opening in a floor of a building structure, the fitting comprising:

an insert sized for insertion into the circular floor opening; and four separately formed simplex power receptacles supported by the insert.

- 2. The poke-through fitting of claim 1, wherein the simplex receptacles are configured to snap fit into a portion of the insert.
- 3. The poke-through fitting of claim 1, further comprising fire stopping material disposed within the insert.
- 4. The poke-through fitting of claim 1, wherein at least two of the simplex power receptacles are wired in separate electrical circuits.
- 5. The poke through fitting of claim 1, further comprising a cover assembly overlying the insert, the cover assembly including access covers for selectively covering and exposing the simplex power receptacles.
- 6. A poke-through fitting of the type that is adapted to be supported in a circular opening in a floor of a building structure, the fitting comprising:

an insert sized for insertion into the circular floor opening; four separately formed simplex power receptacles supported within the insert; and four communication/data jacks supported within the insert.

7. The poke-through fitting of claim 6, wherein the simplex receptacles are configured to snap fit into a portion of the insert.

- 8. The poke-through fitting of claim 6, further comprising fire stopping material disposed within the insert.
- 9. The poke-through fitting of claim 6, wherein at least two of the simplex power receptacles are wired in separate electrical circuits.
- 10. The poke through fitting of claim 6, further comprising a cover assembly overlying the insert, the cover assembly including access covers for selectively covering and exposing the simplex power receptacles.
- 11. A flush poke-through wiring fitting that is adapted to be supported in a floor opening in a floor of a building structure, the poke-through fitting comprising:

an insert configured for insertion into the floor opening, the insert having an upper end adjacent to the floor and having a chamber defined therein which extends downwardly from the upper end;

a cover overlying the insert, the cover having an upper surface;

four communication/data jacks mounted within the fitting such that the communication/data jacks do not extend upwardly beyond the upper surface of the cover; and

four separately formed simplex power receptacles mounted within the fitting such that the power receptacles do not extend upwardly beyond the upper surface of the cover.

12. The poke-through fitting of claim 11, further comprising a fire stopping material disposed in the insert so that the fire rating of the floor, with the floor opening formed in the floor and with the poke-through wiring fitting supported in the floor opening, is substantially the same as the fire rating of the floor without the floor opening formed in the floor.

- 13. The poke-through fitting of claim 11, wherein at least two of the simplex power receptacles are wired in separate electrical circuits.
- 14. A flush poke-through wiring fitting of the type that is adapted to be supported in a floor opening in a floor of a building structure, the poke-through fitting comprising:

an insert configured for insertion into the floor opening;

a cover overlying the insert, the cover having an upper surface; and

four simplex power receptacles mounted within the fitting in a protected fashion such that the power receptacles do not extend upwardly beyond the upper surface of the cover.

- 15. The poke-through fitting of claim 14, further comprising a fire stopping material disposed within the fitting so that the fire rating of the floor, with the floor opening formed in the floor and with the poke-through wiring fitting supported in the floor opening, is substantially the same as the fire rating of the floor without the floor opening formed in the floor.
- 16. A poke-through wiring fitting of the type that is adapted to be supported in a circular floor opening in a floor of a building structure, the poke-through fitting comprising:

four communication/data jacks mounted within the fitting, the communication/data jacks being arranged in a longitudinal row;

- a first pair of simplex electrical receptacles disposed on a first lateral side of the communication/data jack; and
- a second pair of simplex receptacles disposed on a second lateral side of the communication data jacks.

- 17. The poke-through fitting of claim 16, wherein the first pair of simplex power receptacles are wired in a separate electrical circuit from the second pair of simplex receptacles.
- 18. A method of delivering flush poke-through wiring fitting that is adapted to be supported in a floor opening in a floor of a building structure, the method comprising: providing a cover that overlies the fitting and has an upper surface;

mounting four communication/data jacks within the fitting such that the communication/data jacks do not extend upwardly beyond the upper surface of the cover;

mounting four separately formed simplex power receptacles within the fitting such that the simplex power receptacles do not extend upwardly beyond the upper surface of the cover.

- 19. The method of claim 18, further comprising disposing a fire stopping material in the fitting so that the fire rating of the floor, with the floor opening formed in the floor and with the poke-through wiring fitting supported in the floor opening, is substantially the same as the fire rating of the floor without the floor opening formed in the floor.
- 20. The method of claim 18, further comprising wiring at least two of the simplex power receptacles in separate electrical circuits.
- 21. A method for providing a poke-through fitting of the type that is adapted to be supported in a circular opening in a floor of a building structure, the method comprising:

providing an insert sized for insertion into the circular floor opening; and mounting four separately formed simplex power receptacles within said insert.

- 22. The method of claim 21, wherein the simplex receptacles are configured to snap fit into a portion of the insert.
- 23. The method of claim 21, further comprising disposing a fire stopping material within the insert.
- 24. The method of claim 21, further comprising wiring at least two of the simplex receptacles in separate electrical circuits.
- 25. The method of claim 21, further comprising disposing a cover assembly over the insert, the cover assembly including access covers for selectively covering and exposing the simplex power receptacles.
- 26. A method for providing a poke-through fitting of the type that is adapted to be supported in a circular opening in a floor of a building structure, the method comprising:

providing an insert sized for insertion into the circular floor opening; mounting four separately formed simplex power receptacles within the insert; and mounting four communication/data jacks within the insert.

27. A method for providing a poke-through wiring fitting of the type that is adapted to be supported in a circular floor opening in a floor of a building structure, the method comprising:

mounting four communication/data jacks within the fitting, the communication/data jacks being arranged in a longitudinal row;

mounting a first pair of simplex power receptacles on a first lateral side of the communication/data jack;

mounting a second pair of simplex receptacles on a second lateral side of the communication data jacks.

28. The method of claim 27, further comprising wiring the first pair of simplex power receptacles are in a separate electrical circuit from the second pair of simplex receptacles.